

BOOK REVIEWS



IN CHARGE OF
M. E. CAMERON

700 SURGICAL SUGGESTIONS. By Walter M. Brickner, M.D., Eli Moschowitz, M.D., and Harold Hays, M.D. Third Edition, price \$1.00, \$2.00. Surgery Publishing Company, 92 William St., New York.

The third edition of this very popular little volume, which is published and edited by the editorial staff of the *American Journal of Surgery*, comes to us much enlarged and yet maintaining its characteristics of terse brevity and wide-spread comment on things of vital importance in surgery. Here are just the points that the practising surgeon, feeling himself growing rusty, comes back to college to pick up in post-graduate clinics. Notwithstanding the extremely practical character of the book it retains its attractive exterior, appearing in its original scarlet and gold cover, and beautiful cream-toned paper.

SCIENTIFIC NUTRITION SIMPLIFIED. By Goodwin Brown, A.M. Frederick A. Stokes Co., New York.

Here we have the result of certain experiments tried and proven by the author to test the principles of nutrition as advanced by Fletcher, Chittenden, and Irving Fisher. As an incentive to others who may be fellow sufferers he relates how he found himself at the age of fifty-four "going painfully down the wrong side of the hill of life, and giving up one by one all the pleasures that had made living attractive to him." "He had lost his power to work, his enjoyment of social pleasures, and all his interest in intellectual pursuits. He suffered intense pain, which he took to be muscular rheumatism, and at times from a mild form of aphasia." "His one object was to get done his work as rapidly as possible and go to bed." How he emerged from this moribund condition and took on a new lease of life, how he regained his zest for pleasure, his interest in intellectual pursuits, his enjoyment of work, are told in a brief for the benefit of his fellows. From the long list of acknowledgments he makes to other writers one feels assured that he has the highest authority of noted scientists to add to his personal experience. Inci-

dently we may note that for those who wish to follow in the way Professor Brown points out it is free to all; there are no expenses attached, indeed quite the contrary, as it leads to a simple and economical way of living as well as a sane and healthy one.

HUMAN PHYSIOLOGY. An Elementary Text-Book of Anatomy and Physiology and Hygiene. By John W. Ritchie, Professor of Biology, College of William and Mary, Virginia. List price, 80 cents; mailing price, 96 cents. World Book Company, Caspar Hodgson, Manager, Yonkers-on-Hudson, N. Y.

Following in line with the popular idea of the education of the laity in matters pertaining to health and hygiene, started or at least adopted by the tuberculosis campaign, comes this little book which is intended for the schools and for the general reader. It is all that its author, in the preface, claims that an elementary text-book in physiology should be, viz.: "A balanced text, containing sufficient anatomy to make clear the broader outlines of the structure of the human body, enough physiology to make plain the great laws according to which the body lives, and a full discussion of how a violation of these laws may be avoided."

Following out this idea, after the anatomy of the body the book takes up foods and energy before beginning with the digestive organs and the processes of digestion, absorption, and oxidation of foods; and before going on to the circulation takes up dietetics. After making clear the function of the lungs and the process of respiration we are given ventilation; after the skin comes bathing; after the nervous system the special hygiene of the nervous system. Here the author speaks with no uncertain sound, stating with great clearness the proven facts concerning some of the commonest abuses of hygiene of the nervous system. He shows how the use of alcohol, for instance, lowers the power of the body to resist disease germs, and summing up says: "Overwork, hunger, exposure to cold, wet feet, insufficient sleep, bad ventilation, bad food, lack of exercise, alcohol—all of these things injure the body and lower its germicidal power. It is a duty that every one owes to himself to keep his body in good condition, and to fail to do so is no more sensible than it would be for a garrison in a hostile country to go to sleep with the gates of the fortress open."